

Guangyang Secondary School

2023 Secondary 3NA Nutrition & Food Science Semester Plan 2 (Updated on 27 June 2023)

Term(T) Week(W)	Lesson		Remarks
T3W1 (BL Week) [26 Jun – 30 Jun]	Theory	Unit 13: Meat & Poultry	29 Jun (Thu): Hari Raya Haji
	Practical (Mon)	Potato Eggs (AKA Scotch Eggs) <ul style="list-style-type: none">Report at 1000hr at kitchen 1	
T3W2 [3 Jul – 7 Jul]	Theory	Unit 16: Seafood	3 Jul (Mon): Youth Day 4 Jul (Tue): 'O' Level MTL LC Exam
	Practical (Thu)	Pan-fried dumplings (AKA Gyozas) <ul style="list-style-type: none">Report at 1000hr at kitchen 1	
T3W3 (BL Week) [10 Jul – 14 Jul]	Coursework	Planning (WA3) <ul style="list-style-type: none">Intro to PlanningRecipes	
T3W4 [17 Jul – 21 Jul]	Coursework	Planning (WA3) <ul style="list-style-type: none">Time Plan	
T3W5 (BL Week) [24 Jul – 28 Jul]	Coursework	Planning (WA3) <ul style="list-style-type: none">Time Plan	
	Practical (Mon)	Pancakes with Strawberry Compote <ul style="list-style-type: none">Report at 1000hr at kitchen 1	
T3W6 [31 Jul – 4 Aug]	OBS for 3NA		
T3W7 (BL Week) [7 Aug – 11 Aug]	Coursework	Planning for Execution (WA3) <ul style="list-style-type: none">Weigh & pack ingredients for Coursework Execution on Mon	8 Aug (Tue): National Day Celebration 9 Aug (Wed): National Day 10 Aug (Thu): School Holiday – Day after National Day
T3W8 [14 Aug – 18 Aug]	Coursework	Planning (WA3) <ul style="list-style-type: none">Time Plan	
		Execution (WA3) <ul style="list-style-type: none">Tue, 1330 – 1500hr (Kitchens 1 & 2)	
T3W9 (BL Week) [21 Aug – 25 Aug]	Theory	Unit 15: Fruit, Vegetables, Legumes & Pulses	
	Practical (Mon)	Spring Rolls <ul style="list-style-type: none">Report at 1000hr at kitchen 1	
T3W10 [28 Aug – 1 Sept]	Theory	Unit 14: Dairy & Dairy Products	31 Aug (Thu): Teachers' Day Celebration 1 Sept (Fri): Teachers' Day
	Practical (Tue)	Rough Puff Pastries (Tuna Puffs) <ul style="list-style-type: none">Report at 1330hr at kitchen 1	
Term Break			
T4W1 [11 Sept – 15 Sept]	Coursework	Evaluation	
T4W2 [18 Sept – 22 Sept]	Revision	Revision for End-of-Year Exam (EYE)	
T4W3 [25 Sept – 29 Sept]	Revision	Revision for EYE	26 Sept – 5 Oct (EYE) 6 Oct (Marking Day for EYE)
	Exam	EYE	
T4W4 [2 Oct – 6 Oct]	Exam	EYE	
T4W5 [9 Oct – 13 Oct]	Post Exam	Checking of Scripts & Corrections	Scripts to be checked by 11 Oct
	Practical (Thu)	Hor Fun <ul style="list-style-type: none">Report at 1000hr at kitchen 1	
T4W6 [16 Oct – 20 Oct]	Theory	Unit 17: Key Ingredients	17 Oct (Tue): Promotion Day C&T Week
	Practical (Thu)	Kebabs <ul style="list-style-type: none">Report at 1000hr at kitchen 1	
T4W7 [23 Oct – 27 Oct]	Theory	Unit 17: Key Ingredients	27 Oct (Fri) is the last day of school for Sec School Division Note: Sch ends by 1pm for most days LJ to Shatec, Tue/Wed afternoon (TBC)
	Practical (Thu)	Rice Burgers with Chicken Patties <ul style="list-style-type: none">Report at 1000hr at kitchen 1	